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QUARTERLY TAPE: NETWORK OF LIGHT

Mind & Emotions

The body and mind are intimately and exquisitely connected. Increasingly, researchers are finding that separations in the mind/body information network are simply nonexistent. *Mind & Emotions*, and the next three tapes, will build upon recent discoveries in the field of psychoneuroimmunology to lead you into greater balance and harmony and deepen your appreciation for the truly miraculous creations that we are. Hemi-Sync® will help you communicate with your thoughts, emotions, molecules, and cells in ways that foster healing and wellness on all levels. You will use deep, receptive relaxation as a "switch" to turn on your inner network of light. Relaxation itself has many benefits: reduction in heart rate and blood pressure; decreased secretion of stress-related biochemicals; and increased secretion of biochemicals associated with mental clarity and feelings of well-being, pleasure, and safety.

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